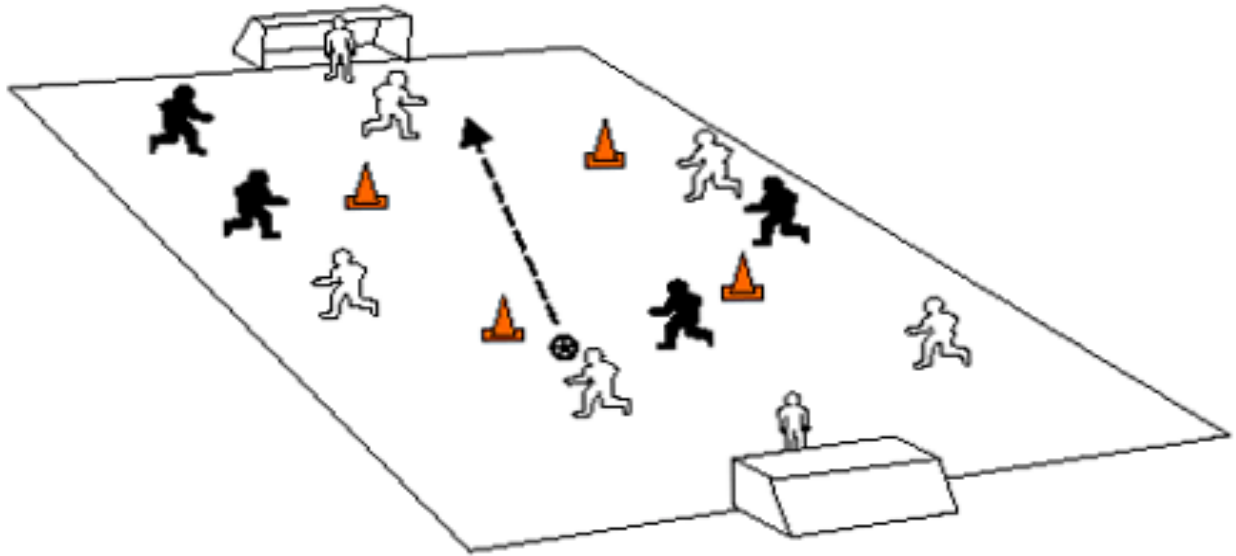


Death Zone



Introduction

The “Death Zone” is an area where no one can venture safely without receiving a penalty. Tobacco Use is a death zone to kids — anyone who enters there pays the price! Teach your kids to achieve their goals without entering the Death Zone.

The Game

1. Play a regular soccer game with two teams, goals and keepers.
2. Mark the middle of the field with the Death Zone.
3. No player may enter this zone, although the ball is allowed to pass through it.
4. If a player enters the zone, assess a 30 second to one minute penalty, giving the opponent a one-play advantage.

Coaching Points

1. This drill is designed to keep players spread out across the soccer field. Encourage the players to stay wide.
2. Vary the size of the Death Zone for desired results.

Activity adapted from Centers for Disease Control & Prevention's Smoke Free Soccer Coach's Manual. For more information on Tobacco Free Sports please contact the Kansas Department of Health & Environment's Tobacco Use Prevention Program at tobacco@kdhe.state.ks.us or 877.602.0368